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SPECIAL ENDS SOON!

Tuesday



STEPHEN LAW/GETTY IMAGES

SPARE SOME CHANGE?

Fundraising isn't so easy for Obama this time around **4**

BABY BOON

A new study finds that fatherhood might be good for the heart **6**

FIGHTING FORM

UFC's D.C. debut inspired Mike Easton to get back in shape **25**

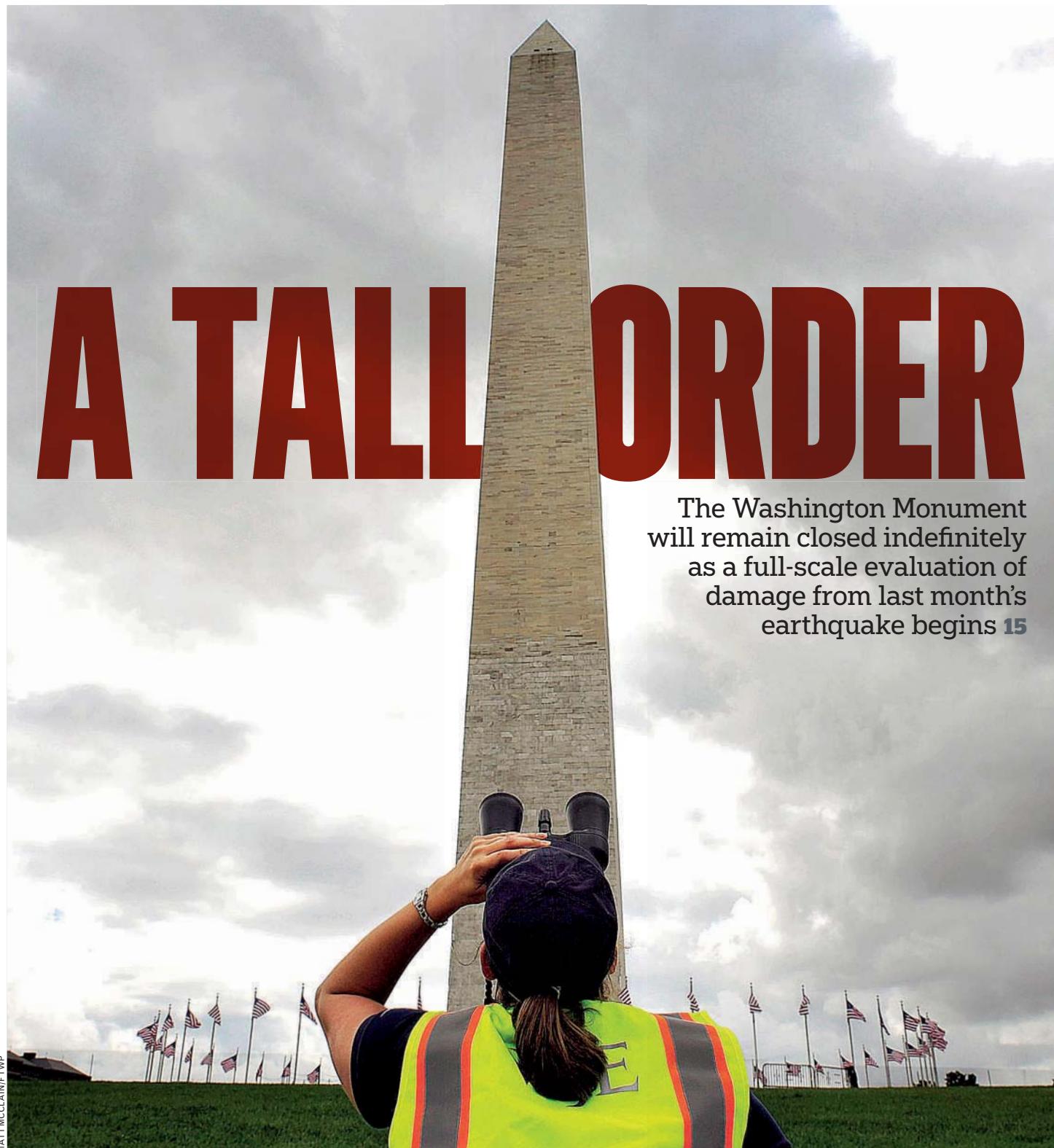


FOR EXTENDED FORECAST, SEE PAGE 41

SEPTEMBER 27, 2011 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

A TALL ORDER

The Washington Monument will remain closed indefinitely as a full-scale evaluation of damage from last month's earthquake begins **15**



Structural engineer Erin Ward inspects the Washington Monument on Monday. National Park Service officials said they found new damage from the magnitude-5.8 quake on Aug. 23.



eye openers

POSSIBLE MOTIVES

It Matched Their Luxury Handbags

Two of three men who stole a 14-foot flattened and preserved alligator, strapped it to a pickup truck and took it off-roading have pleaded guilty to breaking and entering. The charges stem from a June 25 theft from a barn in Hartland Township, Mich. The alligator's owner found tire tracks near his barn and followed them to a party where people were driving around in the mud. Authorities say the men were intoxicated. (AP)

NEW FACEBOOK FEATURES

Thank Heaven for the Ticker

A Chattanooga, Tenn., woman has found a unique use for her Facebook account. Rolanda Hill answered a knock at her door Sunday night, and a man stuck a gun through the open door and forced his way inside. He demanded money, and took cash and her cell phone. Hill used her computer to report the crime to her Facebook friends and asked them to call police. (AP)

FUGITIVES

America's Least Wanted

A former flight attendant has pleaded guilty to starting a fire aboard an airplane and forcing an emergency landing in Fargo, N.D. Authorities say Eder Rojas started a fire in the bathroom of a 2008 flight because he was unhappy he had to work the route. Rojas was a fugitive for nearly three years. He was arrested in Mexico in March and faces up to 20 years in prison. (AP)

© **The Big Picture**

CINDY YAMANAKA/ORANGE COUNTY REGISTER



A DISNEY MOVIE IN THE MAKING: Luigi leads the way as six dogs attempt to break the Guinness world record for the most dogs on a surfboard, during the Surf City Surf Dog event held in Huntington Beach, Calif., on Sunday. The dogs were not able to stay on for the required 10 seconds. (AP)

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Disaster Victims Decry Congress

Rebuilding on hold, those affected call infighting heartless

Waterbury, Vt.

For disaster victims rebuilding their homes, towns and lives, the anxiety is matched only by anger at Congress for entangling their future in a political battle over government spending.

A sharply divided Congress repeatedly rejected a deal that included funding federal disaster assistance, raising fears that there would be no plan to continue aid for victims of disaster like storms Irene and Lee or the tornado in Joplin, Mo.

But on Monday, the Senate cleared way for legislation to avoid partial government shutdown, along with word that the money in fact might last through the new budget year, which begins Saturday. But that didn't do much to appease those who would have paid perhaps the highest price for politics.

They're spreading the blame both among Republicans, who



Martha Gordon walks on her home's hardwood floors damaged by Hurricane Irene on Monday in Wayne, N.J. Gordon said she doesn't expect any quick relief aid.

wanted cuts in other government spending, and Democrats, who were accused of using the GOP opposition to win political points.

"They aren't looking so much at what is actually needed as what's good for their parties, and that to me is wrong, wrong, wrong," said Lawrence Sayah, a Waterbury resident whose home, ravaged by the floods wrought by the remnants of

Hurricane Irene.

Sayah already received \$18,000 from the Federal Emergency Management Agency, although he and his wife are appealing for more for repairs that will run more than three times that. Feelings were especially raw around the Northeast, where the double whammy of Irene and Lee in recent weeks ripped up roads, flooded towns

Shutdown Averted

Ending weeks of political brinkmanship, Congress finessed a dispute over disaster aid Monday night and advanced legislation to avoid a partial government shutdown this weekend. The breakthrough came hours after FEMA indicated it had enough money — \$114 million — for disaster relief through Friday, the last day of the budget year. That disclosure allowed lawmakers to jettison a \$1 billion replenishment that had been included in the measure — and to crack the gridlock it had caused. (AP)

and shuttered businesses.

"Talk about heartless; it seems heartless when you think how we're suffering, throughout our country right now, being inundated with disasters everywhere you go," said Martha Gordon, who was still mucking out her home in the New York suburb of Wayne, N.J., on Monday, weeks after flooding destroyed the three-story white shingled place she had lived in for 50 of her 78 years. MICHAEL HILL (AP)

In Brief

DURHAM, N.C.

Duke Lacrosse Players Ask for Suit to Proceed

A group of former Duke University lacrosse players wrongly arrested on rape charges in 2006 filed a brief last week asking a federal appeals court to let their lawsuit against the City of Durham move forward and to allow a jury trial over possible damages. (AP)

WASHINGTON

New Rules Would Allow Scientists Grant Delays

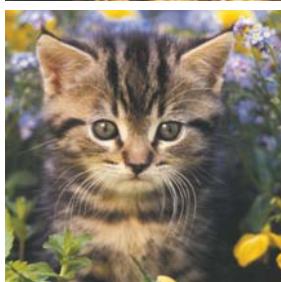
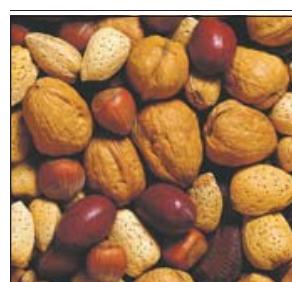
First lady Michelle Obama and top officials in her husband's administration were embracing new rules Monday designed to make it easier for scientists — especially women — to balance work and family. The new rules drafted by the National Science Foundation would let both men and women delay or suspend research grants for up to a year to tend to urgent family needs. (AP)

LOS ANGELES

Jewelry Industry: We'll Limit Toxic Cadmium

Hammered by more than a year of recalls and legal setbacks, the U.S. jewelry industry has agreed to voluntarily limit the toxic metal cadmium in children's trinkets. Because the limits are voluntary, there is no automatic penalty for jewelry sold with cadmium levels exceeding them. (AP)

Stamp of Approval: The U.S. Postal Service announced Monday that it is ending its long-standing rule that stamps cannot feature people who are still alive, and it's asking the public to offer suggestions on who should be first. It will consider stamps for acclaimed American musicians, sports stars, writers, artists and other nationally known figures. Suggestions can be sent through Facebook, Twitter or the Postal Service's website. (AP)



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Nation

Obama Funding Wanes

Disgruntled allies, slow economy could hurt re-election bid

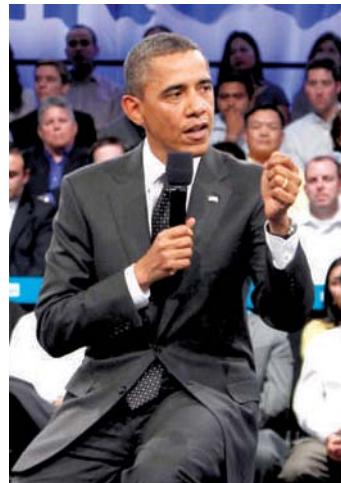
San Jose, Calif.

This is no 2008, when money seemed to fall from the sky for a senator named Barack Obama.

In theory, fundraising should be even easier this time for the Democrat who shattered money records in his first White House campaign. He's the president now, with an unparalleled bullhorn and reach.

But his title isn't all that's changed. The economy is sickly, and he's in charge. That's not only threatening his re-election; it's also making it more difficult to inspire people to open their checkbooks for his campaign.

Many of the core supporters he counted on last time for small-dollar donations are disgruntled



PAUL SAKUMA/AP

President Obama touts his jobs plan and his own re-election Monday during a LinkedIn Town Hall Meeting in Calif.

now. Some are personally cash-strapped. And he's had to cancel a slew of fundraisers as he tends to the business of governing a country that some fear could slide back into a recession.

The Race to Raise

For all the difficulties, President Obama is outpacing his GOP rivals in the money chase by the tens of millions, and, without a primary challenge, he doesn't have to spend what he's raising until next year. Obama's team set a goal of \$55 million between the campaign and the party for the quarter ending Friday. (AP)

With an important reporting deadline on Friday, the sour environment explains why Obama is holding seven fundraisers on the West Coast this week — and why he held a private conference call with donors late last week aimed at bucking up his top backers.

"I need you guys to shake off any doldrums," the president told a Seattle audience Sunday. "I'm asking you to join me in finishing what we started in 2008." (AP)

Wall Street 'Occupation' Undeterred



SPENCER PLATT/GETTY IMAGES

A PROTESTER WALKS BY the New York Stock Exchange in New York on Monday. Hundreds of "Occupy Wall Street" activists have begun living in Zuccotti Park near Wall Street over the past two weeks. Nearly 80 protesters were arrested over the weekend when they tried to march uptown.



POLITICS

Wooing Trump

Donald Trump has become a must-stop for GOP candidates. All the major Republican presidential hopefuls have sought an audience with the Donald, including Mitt Romney, who met with Trump on Monday in New York. Rick Perry dined with Trump earlier this month and Michele Bachmann visited his penthouse in July. (AP)

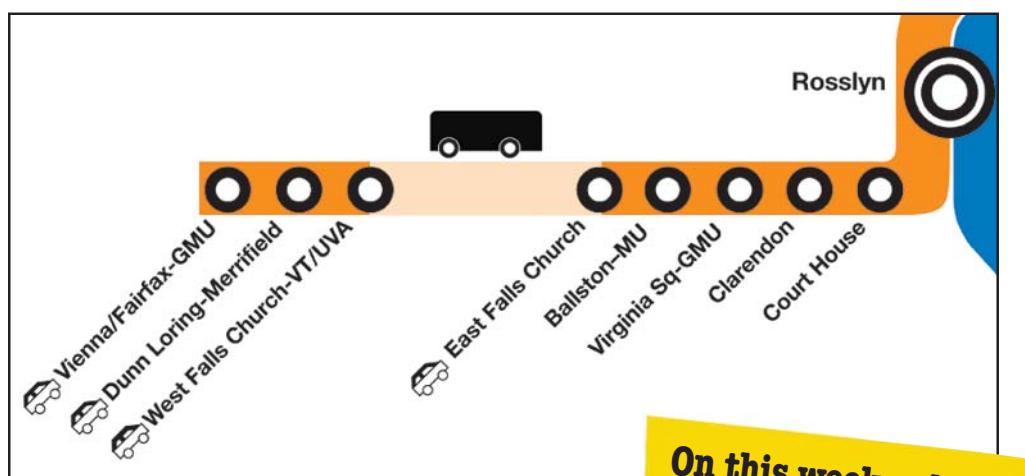
\$135M

The total amount 16 Texas refineries may get back in a property tax refund for a piece of technology used to minimize pollution. A chunk of the money would be rerouted from schools. (AP)

Weekend Track Work

From 10 p.m. Friday, October 7th through closing Monday, October

10th: Buses replace trains on the Orange Line between West Falls Church and East Falls Church. Buses also replace trains on the Yellow/Green Line between Mt. Vernon Sq. and Georgia Ave.



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Temporarily suspending train service on the Orange Line is necessary while Metro welds rail ends for a smoother ride and installs switches for the Dulles extension. The Yellow/Green Line closure is needed to install NTSB-recommended switches. For information on free shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

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Nation

Study: Dads' Hearts Fare Better

Washington

Fatherhood may be a kick in the old testosterone, but it may also help keep a man alive. New research suggests that dads are a little less likely to die of heart-related problems than childless men are.

The study published online Monday by the journal Human Reproduction by the AARP, the government and several universities is the largest ever on male fertility and mortality, involving nearly 138,000 men. Although a study like this can't prove that fatherhood and mortality are related, there are plenty of reasons to think they might be, several heart disease experts said.

Marriage, having lots of friends and even having a dog can lower the chance of heart problems and

Backstory

A study of 600 men in the Philippines published last week found that testosterone drops after a man becomes a father. Men who started out with higher levels were more likely to become fathers, suggesting that low levels might reflect an underlying health issue that prevents reproduction, the study said. In general, higher levels of testosterone are better, but too much or too little can cause HDL, or "good cholesterol," to fall — a key heart disease risk factor. (AP)

cardiac-related deaths, previous research suggests. Similarly, kids might help take care of you or give you a reason to take better care of yourself.

Also, it takes reasonably good genes to father a child. An inability to do so might mean a genetic weakness that can spell heart trouble down the road.

"There is emerging evidence that male infertility is a window into a man's later health," said Dr. Michael Eisenberg, a Stanford University urologist and fertility specialist who led the study. "Maybe it's telling us that something else is involved in their inability to have kids."

Dr. Daniel Rader, director of preventive cardiology at the University of Pennsylvania, said men often ask him what they can do to keep from dying of a heart attack, but, "I'm not really prepared to, on the basis of this, tell them to start having a few kids."

MARILYN MARCHIONE (AP)

Hearsay

"I am offering to prepare – and or pay for – all of the last meal requests from this day forward."

—BRIAN PRICE, A FORMER TEXAS INMATE WHO COOKED FINAL MEALS FOR HUNDREDS OF CONDEMNED PRISONERS AND THINKS THE POLICY TO END LAST MEAL RIGHTS FOR PRISONERS IS "COLD-HEARTED." CONDEMNED PRISONERS WILL NOW GET THE SAME DINNER THAT OTHER INMATES EAT THAT DAY. DEPARTMENT OF CRIMINAL JUSTICE SPOKESWOMAN MICHELLE LYONS CALLED PRICE'S PROPOSAL "A KIND OFFER," BUT "IT'S NOT THE COST BUT RATHER THE CONCEPT WE'RE MOVING AWAY FROM."

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Current or former service members between the ages of 21 and 50 who have the above problems may qualify for a four to five week inpatient research study looking at the effects of a new medication for individuals with Post-Traumatic Stress Disorder and alcohol problems. There is a chance of receiving placebo (an inactive sugar pill). There is no cost for taking part and people will be compensated for their participation. During the inpatient stay, participants will receive medical detoxification if necessary, and will also receive alcoholism treatment including group, individual, and family therapy. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.clinicaltrials.gov

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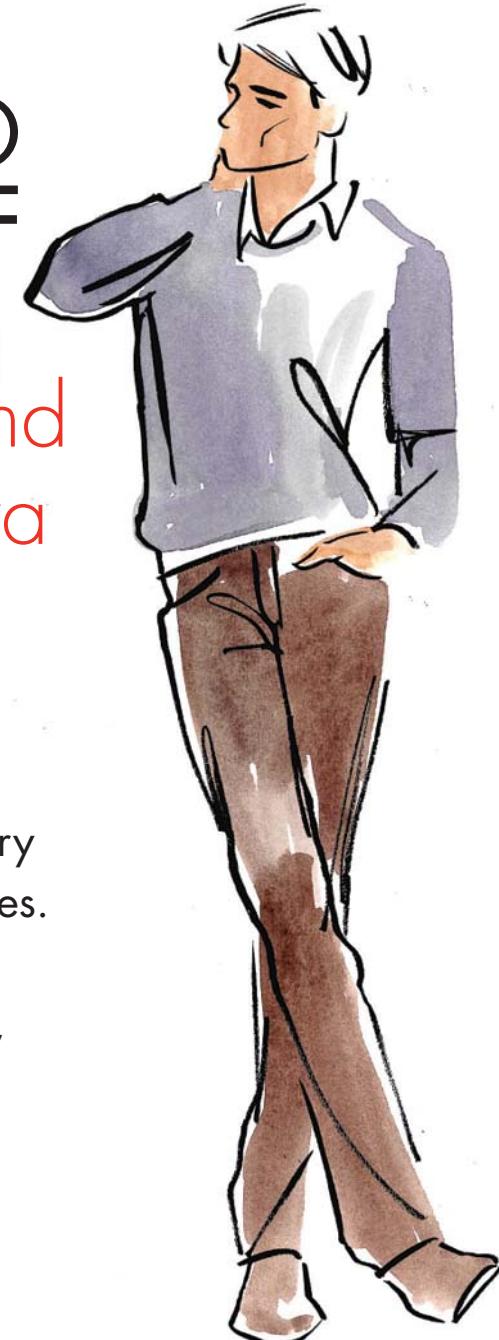
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World

A Kinship With Afghan Combat

For some Marines, deployment throws life into sharp relief

Forward Operating Base Jackson, Afghanistan

An American in uniform stands near a landing zone about 2 a.m. and talks about dead and maimed men he knows. His flight out isn't until next month, and he is counting the days.

Then he says he will miss Afghanistan.

"It's just life or death: the simplicity of it," said Cpl. Robert Cole of the 1st Battalion, 5th Marine Regiment, which ends a seven-month deployment in October. "It's also kind of nice in some ways because you don't have to worry about anything else in the world."

The dominant narrative about war in a foreign land says its practitioners yearn for home, for family and comforts, and for the luxury of no longer worrying about imminent death or injury. It applies to American troops in Afghan combat zones, but it's not the whole truth.

Combat can deliver a sense of urgency, meaning, order and belonging. There is the adrenaline-fueled elation of a firefight, and the horror of rescuing a wounded



BRENNAN LINSLEY/AP

U.S.-led patrols in Afghanistan are declining as the U.S. draws down its combat role.

"There's no more adrenaline rush in the world than finding an IED. I'm going to miss that a bunch."

— CPL. ERNEST TUBBS, 22, OF PARSONSBURG, MD., WHOSE JOB IS TO LEAD PATROLS IN AFGHANISTAN WITH A METAL DETECTOR TO PINPOINT HIDDEN BOMBS.

comrade. Such an existence mocks the mundane detritus, the quibbles and bill-paying and anonymity of life back home.

Cole's battalion has seen Taliban attacks decline in Sangin, a southern Afghan region, though early on, the going was hard. He said his platoon suffered close to 30 percent casualties, mostly from bombs.

Cole, 22, of Klamath Falls, Ore., is not bitter. Politics and the debate

about the 10-year U.S. involvement in Afghanistan seem irrelevant to young Marines.

At Patrol Base Fulod, Cpl. Ernest Tubbs is something special among his peers. He has discovered three dozen bombs on this deployment. He recalled the first time he uncovered one, "heart racing, so many emotions at one time."

Tubbs, 22, of Parsonsburg, Md., is desperate to return to his wife

Meanwhile ...

An Afghan working for the U.S. government killed a CIA contractor and wounded another American in an attack Sunday on the intelligence agency's office in Kabul, officials said Monday, making it the latest in a series of high-profile attacks this month on U.S. targets. The incident marked the most recent in a growing number of attacks this year by Afghans working with international forces in the country. (AP)

and his newborn son, but he won't forget what it is like to be a kind of savior, to know men depend on him for their lives.

Some from rural areas in the U.S. feel a curious affinity with Afghanistan. Capt. Brian Huysman of Delphos, Ohio — "Good luck finding Delphos on the map," he said — sees parallels between the "small-town mentality" and rivalries back home, and the jostling among local Afghan leaders.

"It's very eerie," he said.

When these men retire, many will look back on Afghanistan as a place of loss, but also a place that made them better, whether or not the U.S. military succeeds in its long-term goals. CHRISTOPHER TORCHIA (AP)

In Brief

BAGHDAD

Gunmen Assassinate Iraqi Finance Official

Baghdad gunmen assassinated a finance ministry official and wounded a senior judge, while a roadside bomb in northern Iraq killed three people Monday, officials said. Senior Finance Ministry official Mohammed Ali al-Safi died Monday evening, hours after assailants opened fire on his car in Baghdad, officials said. (AP)

CAIRO

Lawyer: Saudi Woman To Stand Trial for Driving

A Saudi activist will stand trial for defying the kingdom's ban on female drivers, a lawyer and rights advocates said Monday, revealing how far the conservative Muslim land is willing to go to grant women greater rights. On Sunday, King Abdullah decreed that women would be allowed to vote and run in municipal elections starting in 2015. (AP)

198

The prison sentence, in years, that a man in Puerto Rico received Monday for setting fire to his family's New Year's gathering with gasoline, killing six people. (AP)



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Blast Site in Argentina Under Scrutiny

A POLICE OFFICER CHECKS FOR RADIATION Monday after an early morning explosion destroyed two homes and a business in Buenos Aires, Argentina, killing one person and injuring six more. Officials are hunting for the cause, though neighbors said a fireball fell from the sky just before the blast.

Russian Official Quits in Dissent

Medvedev-Putin job swap plans lead finance chief to quit

Moscow

Russia's influential finance minister resigned Monday after a televised confrontation with President Dmitry Medvedev, who had demanded that Alexei Kudrin explain his criticism of Medvedev's policies or step down.

The tension within Russia's leadership follows the weekend announcement that Prime Minister Vladimir Putin plans to return to the presidency next year and

"If you disagree with the course set by the president and being implemented by the government, you have only one choice: resign."

— PRESIDENT DMITRY MEDVEDEV, ON MONDAY, ADDRESSING FINANCIAL MINISTER ALEXEI KUDRIN, WHO LATER QUIT.

Medvedev would take his old job as prime minister. Russia will have a vote despite the maneuvering, but Putin is sure to win.

Kudrin, Russia's finance minister since 2000, said over the weekend that he would quit if Medvedev was prime minister due to policy disagreements, including plans to boost military spending.

Addressing Kudrin on Monday, Medvedev called the minister's remarks "irresponsible chatter."

State news agencies reported that Kudrin confirmed he had quit, and some analysts said his resignation could have a greater effect on Russia's economy than its 2012 presidential election.

Kudrin's departure is likely to unsettle investors. His hold over the budget has been seen as the key to Russia's economic stability. (AP)

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World

Oil Production Resumes In Libya, Companies Say

Rome

Italian and French energy companies have resumed partial oil production in Libya after months of civil war, a potential economic lifeline for Libya's new government as it scrambles to rebuild.

Libya's transitional government is awaiting U.N. action to unfreeze billions of dollars. They say the funds unfrozen so far aren't enough to significantly rebuild Libya's health, education and other institutions after four decades under Moammar Gadhafi's regime.

Italian energy giant Eni said Monday it has resumed oil production in Libya. By Monday, 15 wells had been tapped, producing 31,900 barrels of oil per day.

French energy company Total also said it restarted production.

Meanwhile ...

Libya's transitional justice minister, Mohammed al-Alagi, said Monday he approved a measure to abolish the state security prosecution and courts, which sentenced opponents of Moammar Gadhafi's regime to prison. The step still needs to be approved by the National Transitional Council. (AP)

It was unclear when Libya would return to its pre-war production of 1.6 million barrels a day, but even the limited oil production is a sign of foreign companies' faith in the country's future. Libya, which sits atop Africa's largest proven reserves of conventional crude, raked in \$40 billion last year from oil and gas exports. (AP)

Hearsay

"OK, maybe not today. Maybe not next week. Maybe not even next year. But how long can they protect it? Forever? We will be back in the center of the capital someday."

— ALI, 27, A DEMONSTRATOR IN BAHRAIN WHO ONLY GAVE HIS FIRST NAME FOR FEAR OF REPRISALS, SPEAKING RECENTLY ABOUT THE EFFORTS TO RECLAIM PEARL SQUARE, THE 7-MONTH-OLD REBELLION'S FORMER HUB IN THE TINY GULF KINGDOM'S CAPITAL OF MANAMA. THE SQUARE IS GUARDED BY GOVERNMENT FORCES AS TIGHTLY AS A MILITARY BASE.

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No Track Work on MLK Dedication Day

GM: 'One-in-a-lifetime event' more important than repairs Oct. 16

Washington

Metro said Monday that it would cancel work on the rail system during the official dedication of the Martin Luther King Jr. Memorial in October.

The event was postponed in August because of Hurricane Irene. Metro said it was postponing its scheduled work on the tracks for Sunday, Oct. 16, the day of the event.

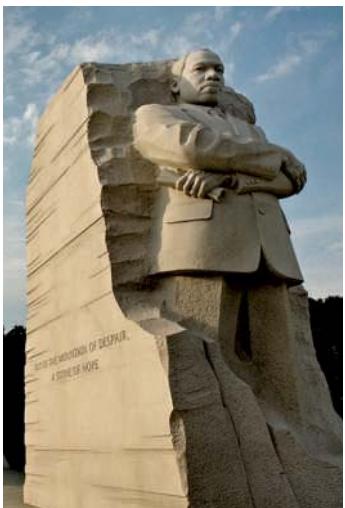
Metro had planned to work on

the Red, Blue, Yellow and Orange lines. Part of the Red Line was also going to be closed between New York Avenue and Fort Totten stations.

"We will adjust our plans to accommodate the rescheduling of this one-in-a-lifetime event," said Richard Sarles, Metro's general manager, in a press release.

"While the rebuilding efforts of the Metrorail system are critical, we recognize the national significance of this event and will reschedule our work for a later date to ensure that customers have a seamless travel experience."

Metro is spending \$5 billion



The MLK Memorial's dedication was postponed in August due to a hurricane.

over the next six years on a massive capital improvement plan. Part of that involves repairing and rebuilding track work and implementing recommendations from the National Transportation Safety Board, following the 2009 fatal crash on Metro's Red Line.

On Oct. 16, Metro plans to open at 5 a.m., two hours earlier than normal, operate eight-car trains and offer free parking at all rail stations.

The transit authority said it plans to have "customer service ambassadors" on hand at stations to help guide people to the memorial. **DANA HEDGPETH** (THE WASHINGTON POST)

Meanwhile ...

Metro on Monday announced plans to work on the Red, Blue, Orange and Green lines this weekend, requiring trains to share a track around the work zones from 10 p.m. Friday through the midnight closing on Sunday. Metro anticipates this will delay many riders by 20 minutes, but the waits for trains can be longer. Work is also scheduled for off-peak daytime and nighttime hours, but the transit authority says this should not have much effect on service, despite the single-tracking, because the trains don't run as frequently anyway at that time. (TWP)



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Local

Grandmother Pleads Insanity In Child's Death

Fairfax, Va.

Prosecutors say a grandmother who killed her 2-year-old granddaughter by tossing her off an elevated walkway at Tysons Corner Center was motivated by hatred of her son-in-law for getting her daughter pregnant out of wedlock.

Defense lawyers, meanwhile, argued that 50-year-old Carmella Dela Rosa was mentally ill and legally insane when she killed her granddaughter, Angelyn Ogdock. A jury heard opening statements Monday at Dela Rosa's murder trial. She faces up to life in prison. (AP)

2 Hurt in UMd. Chemistry Class Accident

College Park, Md.

Two students at the University of Maryland were injured in a chemistry accident that caused the evacuation of a campus building Monday.

A spokesman for the Prince George's County fire department said the two female students had first- and second-degree chemical burns and superficial cuts after the Monday afternoon chemical reaction. They were taken to a burn unit and are in good condition, and two other people in the laboratory at the time did not require hospitalization. (AP)

Autumn Brings Out Apple Pickers



KATHERINE FREY/TWP

EMMA DONOHUE, 22 MONTHS, samples the fruit of her labor as she picks Empire apples at Larriland Farm on Monday in Woodbine, Md. The farm also offers Jonagold and Golden Delicious apples right now, along with hayrides.

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Local



Police patrol near the National Museum of the Marine Corps after shots were fired at it last October. Police say suspect Yonathan Melaku tried to escape from jail recently.

Inmate's Attempt To Flee Jail Foiled

Police: Man accused of military shootings tried to dig out of cell

Leesburg, Va.

Yonathan Melaku, the Marine Reservist charged with shooting at military buildings in the D.C. region last fall, apparently tried to escape from his jail cell by digging through a cinder-block wall, authorities said.

Melaku, 23, who is being held at the Loudoun County Adult Detention Center, was charged Monday with damaging his cell to aid escape and possession of an instrument to aid escape.

Members of the Loudoun County Sheriff's Office discovered a small area of damage to the cinder-block wall in Melaku's cell on Friday, authorities said.

Kraig Troxell, the sheriff's office spokesman, said the damage was "minimal" and there was no real

threat of escape through the wall, which is reinforced with concrete.

Troxell said the incident was under investigation and declined to specify what instrument Melaku allegedly used to cause the damage.



Melaku

In response to the apparent escape attempt, the detention center — where Melaku is being held on grand larceny charges stemming from a rash of vehicle break-ins in Leesburg in May — was placed on lockdown Friday "only as a precaution," according to authorities.

Melaku, an Alexandria resident, is also charged in federal court with shooting at five military sites across the region — including the National Museum of the Marine Corps and the Pentagon — between Oct. 16, 2010, and Nov. 2, 2010. **CAITLIN GIBSON**
(THE WASHINGTON POST)

\$1.2K

The amount in tax credits per employee for businesses in Virginia that allow employees to work remotely. Legislation adopted this year provides up to \$50,000 per company for eligible telework expenses incurred during 2012 and 2013. The trial program will last two years, lawmakers say. (AP)

Cover Story

Icon Closed Indefinitely

More quake damage pinpointed at the Washington Monument, officials say

Washington

The National Park Service said Monday that the Washington Monument will be closed indefinitely and that the magnitude-5.8 earthquake on Aug. 23 had done more damage to the monument than had been previously disclosed.

Officials said a “debris field” had been found at the base of the monument made up mostly of mortar that had fallen during the quake, and more substantial pieces of stone had fallen loose inside the monument.

\$200K

The estimated amount spent by the National Park Service so far to inspect the Washington Monument for damage caused by the Aug. 23 earthquake. (TWP)

Officials said the monument’s elevator was damaged, possibly by its counterweights, and would need to be repaired. National Mall Park superintendent Bob Vogel said the elevator was only partly functional.

Another park service official said the elevator could only reach the 250-foot level of the 555-foot monument.

The park service had preliminarily said the quake caused some cracks in the stone, which resulted in water leakage when former Hurricane Irene came through



NATIONAL PARK SERVICE/AP

Caught on Camera

The National Park Service on Monday posted a video on its website taken from a security camera near the top of the Washington Monument during the Aug. 23 earthquake. The footage from the observation deck showed debris falling from the ceiling, the entire structure shaking violently, and terrified visitors falling and running for safety during the magnitude-5.8 tremor. (THE WASHINGTON POST)



Meanwhile ...

The Washington National Cathedral is resuming work with a new construction crane on earthquake damage to its central tower, spokesman Richard Weinberg said Monday. The massive cathedral in Northwest Washington also

has been closed since the earthquake. A crane brought in for earthquake-related repairs toppled over Sept. 7, injuring its operator and damaging buildings days before the cathedral was set to reopen. The cathedral was not damaged in the incident, but the building has not been able to reopen, Weinberg said. Two cranes were brought in to help remove the toppled one, and one crane stayed to resume the repairs, he said. (THE WASHINGTON POST)

Washington a few days after the quake.

Some damage was linked to the soft mortar inserted between monument stones during a renovation that began in 1999. That mortar was designed to crumble, to give the structure some flexibility, the Park Service has said.

A team of engineers planned to start a block-by-block inspection of the exterior of the structure Tuesday while suspended by ropes. An inspection of the interior is finished, Vogel said.

He said the worst damage happened in the pyramid, the pyramid-shaped top of the structure, where cracks up to 1 1/4-inch wide developed in the mortar and the stone. “Daylight is visible at a number of the vertical joints where mortar is missing,” he said.

As a result, a substantial amount of water has been getting into the monument, which could cause even more damage.

It is the extent of damage to the exterior that must now be assessed, he said.

The engineers, from the company of Wiss, Janney, Elstner Associates Inc.’s “difficult access team,” are specially trained and equipped to rappel down the four sides of the monument. They will examine

each of the marble exterior stones for damage.

Officials said the rappelling operation would last about five days. They hoped to have a more in-depth assessment of the damage to the monument by next month.

“The good news: The monument is structurally sound and is not going anywhere.”

— BOB VOGEL, NATIONAL MALL PARK SUPERINTENDENT, SPEAKING MONDAY ABOUT THE WASHINGTON MONUMENT, WHICH AN AUG. 23 QUAKE DAMAGED.

To assist the engineering team, the park service has brought in a mountaineering and rope-rigging ranger, Brandon Latham, from Denali National Park in Alaska.

“So when is the monument going to reopen?” Vogel said. “Unfortunately, we cannot answer that question.” He said once the extent of the damage is learned, the park service can create a timeline for repairs and reopening.

The monument has been closed since the earthquake struck. MICHAEL E. RUANE (THE WASHINGTON POST)

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Anybody's Game

Parity in the NFL has made it fun for every fan to watch

Commentary

On the day the NFL lockout ended, if you had declared that after nearly three weeks of the regular season, there would be three undefeated teams, and those teams would be Green Bay, Buffalo and Detroit, you would have been committed. Or mocked — a lot.

(Of course, there could be a fourth; the Redskins were 2-0 entering Monday night's game against Dallas.).

Although the Packers may be the best team in the league, the Lions were expected to be good, not great, and the Bills ... well, the Bills were expected to be improved. They're improved, all right. They're leading the AFC East.

Just as surprising, though, is the list of winless teams: Miami. Indianapolis. Kansas City (ouch). Minnesota. St. Louis.

Two of those teams — the Colts and Chiefs — were in the playoffs a year ago. A lot of people, myself included, thought the Rams might make the postseason this year.

The Colts are without Peyton Manning, which is a big loss, but did team doctors decide to rebuild him using parts from the rest of the offense? The Chiefs have had a plethora of bad injuries, but again, teams have injuries all the time. It's how you deal with them. And St. Louis can still make the playoffs, especially in the weird NFC West.

Meantime, in New York, Roger Goodell and Co. are smiling. The lockout had no discernible effect on the NFL's greatest strength:



By Tracey Hamilton



There's been no Super Bowl hangover for the Green Bay Packers, who haven't slowed down since beating the Saints to start the year.



The Chiefs were a nice surprise last year in making the playoffs. The best thing about their year so far is that they finally avoided a blowout on Sunday.



As if one huge comeback wasn't enough, the surprising 3-0 Bills came back from 21 points down on Sunday to stun the New England Patriots.



The Dolphins say they're playing to save coach Tony Sparano's job after three dismal games. No wonder it seems like he is on such a hot seat.



The last time the Detroit Lions were 3-0 was in 1980. The fact they are improved is no shock—but most didn't pick the Lions to roar this loudly.



Without Peyton Manning, the Colts have looked like a shell of their old team. If this keeps up, they may get QB Andrew Luck with the top pick in the draft.



Late Game

Monday's Redskins game against Dallas ended after Express' deadline. For results, go to Washingtonpost.com.



parity. (What, you thought it was breathtaking individual performances? Deeply moving films? Fantasy leagues?)

"Any Given Sunday" isn't just

the title of a mediocre movie. It's actually true. How else to explain how Tony Romo has already gone from goat to hero, and Tom Brady from hero to goat, and we haven't hit October yet?

The NFL standings are just chock-a-block full of surprises. For instance, the Eagles are 1-2. Sure, they've had some bad luck, with Michael Vick suffering a concussion last week and a bruised right hand this week. But Philly's off-

Meanwhile

Colts owner Jim Irsay says there is an "outside chance" Peyton Manning will return in December. Irsay used Twitter on Monday to update Colts fans after he hinted that the QB might miss the entire season. Manning has missed all three games this season after his third neck surgery in 19 months. (AP)



Bruised, Not Broken

Michael Vick's injured right hand is bruised, not broken as originally thought. Eagles coach Andy Reid said a CT scan Monday showed the star quarterback bruised his hand in Philadelphia's 29-16 loss to the New York Giants on Sunday. Reid said X-rays taken during the game suggested Vick had a fracture. It's uncertain if Vick, who throws left-handed, will play when the Eagles (1-2) host the San Francisco 49ers (2-1) next Sunday. (AP)

season moves were supposed to be the NFL equivalent of the Miami Heat's. (Then again, remember how their season started? Maybe this is playing out true to form.)

Could Rex Grossman be — wait for it — correct? Could the Redskins have a shot at the NFC East? The mind boggles — but there are crazier ideas. The Browns have as many wins as the Ravens and the Steelers. Cincinnati has as many wins as the Bears. Cam Newton is third in the league in passing yards (although the Panthers are only 1-2). It's a world gone mad.

Except, of course, that it isn't. A fan wants his game to be a guaranteed "W" every week — but wants every other game to be a mystery. Otherwise, why watch? No one but Gators and Wildcats fans would tune in to see Florida beat Kentucky for the 27th straight time Saturday (and I'm not sure about the Wildcats fans; after all, the combined score over that period is 1,062-435).

This is what makes the NFL the favorite sport of Americans these days. Anything can happen. My team of record is winless, and I can't look away. Can you? (THE WASHINGTON POST)

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Kemp Swings for Triple Crown

Dodgers' star slugger is within striking distance of rare feat

Pro Baseball

By the time Matt Kemp bats in the last game of the regular season Wednesday night, he hopes to be ready to enter some of the rarest territory in baseball.

Quietly, Kemp catapulted himself toward a possible Triple Crown run with a productive September. But after a tough three-game series against the San Diego Padres over the weekend, Kemp's quest has become a lot more difficult.

"If I have any chance to get there, my mindset, my approach, can't change."

— MATT KEMP, WHO SAYS THE ONLY WAY HE MIGHT BE ABLE TO WIN THE FIRST TRIPLE CROWN SINCE 1967 IS TO AVOID BEING CAUGHT UP IN THE HOOPLA OF HIS CHASE.

Although Kemp has a comfortable lead in RBI (119) and is tied with St. Louis' Albert Pujols in home runs (37), the Dodgers' slugger has fallen nine points behind Milwaukee's Ryan Braun in the NL batting race. If Kemp is to become the first player to win the Triple Crown since Boston's Carl



Yastrzemski in 1967 and the first NL player since St. Louis' Ducky Medwick in 1937, he will have to pick up the pace in Phoenix in the final three games.

"I know it will take a lot to go past [Braun]," Kemp said. "I'm not going to try for hits, but I'm going to just keep doing what I have been

doing, and that is take good hacks and stay within myself."

Kemp, who went 3 for 13 against the Padres at pitcher-friendly Petco Park, is at .324 while Braun is at .333.

Los Angeles manager Don Mattingly, a former AL MVP and lifetime .307 hitter with the Yankees, thinks Kemp has a shot, although it will take an exceptional combination of circumstances.

"One guy has to kind of collapse and the other guy catches fire," Mattingly said. "You kind of need one of those 5-for-5 days and the other guy has to go 1 for 5. But we have seen Matt get hot before." (AP)



SCHEDULES

Not New Year's

The Philadelphia Flyers will host the New York Rangers in the NHL Winter Classic on Jan. 2 at Citizens Bank Park. The 45,000-seat ballpark is the setting for the fifth classic. The game will not be held on its traditional Jan. 1 date, because it conflicted with the final week of the NFL's regular season. (AP)



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Sports

Hokies Aim to Slow Down Tigers

No. 13 Clemson is on a roll as it makes its return to Blacksburg

College Football

Clemson first-year offensive coordinator Chad Morris has already heard more than he wanted about the Tigers' last trip to Virginia Tech.

The miserable trek to Blacksburg in 2006 ended in a 24-7 rout by the Hokies.

"That's one of the things I keep hearing is how Clemson got hit in the mouth and 'How quick can we get back to the bus?'" Morris said. "And that's something I know coach [Dabo] Swinney's going to talk to our players about."



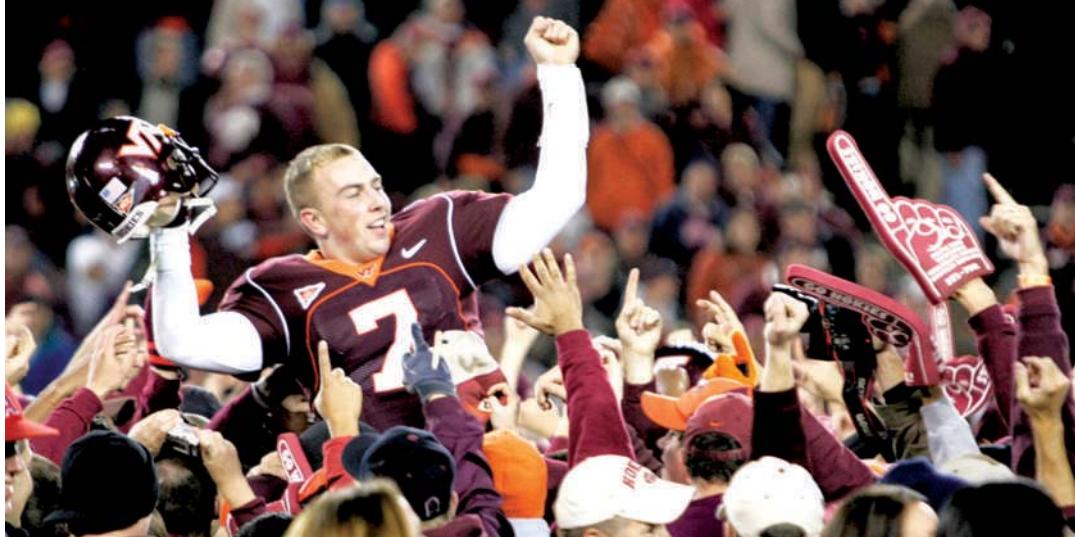
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Clemson was one of the hottest teams in the country, winners of six straight and No. 10 in the country. But the Hokies' decisive win started a second-half slide for the Tigers.

Now 13th-ranked Clemson (4-0, 1-0 Atlantic Coast Conference) faces a similar challenge this week — though hoping for a different result — when the Tigers play their first road game of this season at No. 11 Virginia Tech.

The Tigers have risen rapidly in the rankings with consecu-



Virginia Tech celebrates after a memorable win over Clemson in 2006, the last time the Tigers played in Blacksburg.



High-Octane Clemson

Clemson has gained nearly 1,100 yards in the past two high-profile wins over Auburn and Florida State. Quarterback Tajh Boyd, left, leads the ACC with 13 touchdowns and 1,255 yards. The first-year starter also leads the conference in total offense. Freshman receiver Sammy Watkins has caught 14 passes for 296 yards and four touchdowns the past two games. Boyd and Watkins both repeated this week as ACC offensive back and receiver of the week. (AP)

tive wins over defending national champion Auburn and ACC powerhouse Florida State and are off to their best start in four years.

Then again, this team hasn't faced a test like Virginia Tech, the defending ACC champions.

The Hokies (4-0) are known for their hard-nosed, lunchpail atti-

tude, especially at home and with the defense of longtime coordinator Bud Foster. Virginia Tech defensive ends James Gayle and J.R. Collins combined for four sacks and 12 tackles last Saturday in a 30-10 victory at Marshall.

"We've had some fast guys in the past and when we're fast com-

ing off that edge, we're usually pretty good," Hokies coach Frank Beamer said.

Clemson's success has come from its speed, as well.

Morris has brought an up-tempo pace to the Tigers, something he said they were hungry for after last year's dismal offensive showing when they averaged 30 fewer yards and seven fewer points than the 2009 team that went to the ACC championship game.

"I think when you look at what they were like last year offensively, they were ready for anything," Morris said of his players. "If I would've come in here selling the wing-T and selling it with my personality, they would've bought into the wing-T. They were hungry to get their identity back." PETE IACOBELLI (AP)

In Brief



Kenny Britt tore two ligaments in his right knee in the Titans' game Sunday.

PRO FOOTBALL

Titans' Britt Out for Year

Tennessee receiver Kenny Britt has a torn ACL and MCL in his right knee and will need season-ending surgery, coach Mike Munchak announced on The news couldn't come at a worse time for the Titans (2-1) who are tied with Houston atop the AFC South with a two-game winning streak. The injury leaves Tennessee with only four receivers. (AP)

PRO BASKETBALL

NBA Talks to Resume

Representatives for NBA players and owners will meet Tuesday and perhaps Wednesday, a person familiar with the plans says. The bargaining session, first reported by CBSSports.com, comes just days after the league canceled 43 preseason games scheduled for Oct. 9-15. (AP)

COLLEGE FOOTBALL

Seminole's Reid Arrested

Florida State cornerback and return specialist Greg Reid was arrested Monday on charges of resisting arrest and perjury. Reid, who led the nation in punt returns in 2009 as a freshman, was arrested at 2:30 a.m. by Tallahassee police and booked at the Leon County Jail. He bonded out immediately. The police report said Reid, 21, was trying to protect a friend. (AP)

TV Lineup

NATIONALS (7 P.M., MASN2) The Nats face the Marlins in the penultimate game of the regular season.

SOCCER (2:30 P.M., CSN) Napoli hosts Villarreal in the Champions League.

WNBA (8 P.M., ESPN2) The Indiana Fever face the Atlanta Dream with a spot in the WNBA finals on the line.

United's De Rosario Wins Honor After Hat Trick

Major League Soccer

D.C. United's Dwayne De Rosario needed just 31 minutes to record a hat trick and an assist Saturday against Real Salt Lake at RFK Stadi-

um, all but securing the MLS player of the week honors before the votes were tallied. On Monday, he was officially saluted by the league — the third time he has garnered the award in the past eight weeks.

Since being acquired from the New York Red Bulls, De Rosario has 10 goals and six assists in 13 league appearances. His 13 goals overall are first in MLS. (THE WASHINGTON POST)

80

The age of Marlins manager Jack McKeon, who said on Monday that he plans to retire after the Major League Baseball regular season ends on Wednesday. He's the second-oldest manager in major league history, and he joked he hopes to return in a few years to surpass Connie Mack, who managed the Philadelphia Athletics until age 87. (AP)

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Probably the least reliable way to get medical information is to type a question into Google. But unless you're married to an internist, we bet you've done it. Next time, submit that query to HealthTap Express, a new free app (on iTunes and Android Market). An actual doctor will answer! In our test, it took less than an hour to get a (reasonable!) response. It's not a substitute for a checkup, but it's a quick way to check in on your health worries.

Fight Commander

Mike Easton plans to deliver a knockout performance as UFC makes its D.C. debut

Mike Easton will make his Ultimate Fighting Championship debut Saturday as the world's leading mixed martial arts organization makes its District debut at Verizon Center.

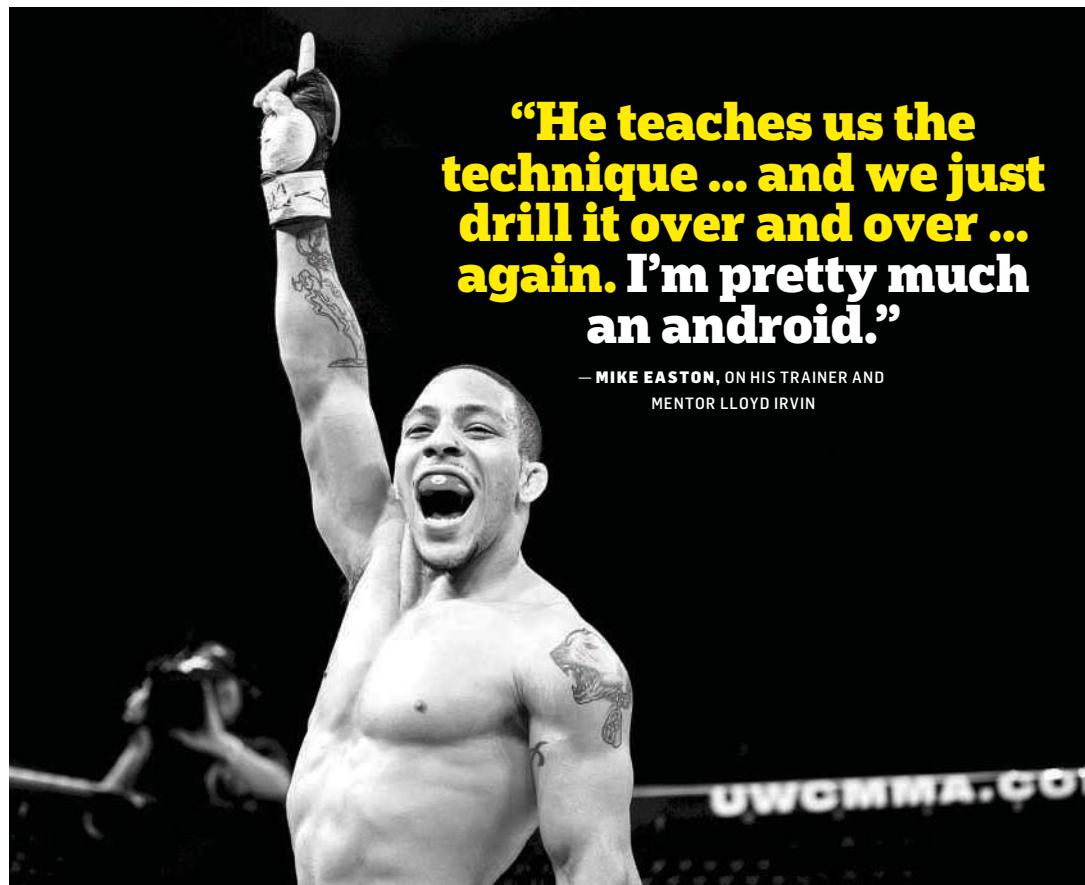
But this won't be the Southeast D.C. native's first fight: "My first opponent was death."

When Easton was born about three months premature, his parents weren't sure he'd survive. But he was released from the hospital two months later with no lingering effects, though the 27-year-old still has scars from the needles jammed into his newborn hands.

He's also battled his way back from injuries that interrupted his MMA career. Since 2009, the 5-foot-6-inch Easton has been recovering from left arm surgery performed to repair damage from an elbow break in 2007.

Despite the hiatus from fighting, Easton's kept in shape as a jiu-jitsu instructor at the Camp Springs, Md., martial arts school of his coach and mentor Lloyd Irvin (LloydIrvin.com). That doesn't mean he wasn't in for a rude awakening when, in early August, he officially started training camp for Saturday's fight against Jeff Haugland.

"I've been off for two years, so my first three weeks were hell," says Easton, who's 10-1 as a pro. "I look cut, I look good all the time, but I was an average human being [in] the sports world."



GETTY IMAGES

Mixed martial artist Mike Easton has been on hiatus from fighting since 2009. He returns this Saturday at Verizon Center.

He worked with about 50 trainers, teammates and doctors to prep for this bout. "They had to boost me back up," he says.

The process was overseen by Irvin, whose D.C.-area schools keep churning out jiu-jitsu champions. But Easton's rise to the UFC is a rarity among local fighters.

"He teaches us the technique — the correct way — and we just drill it over and over and over again,"

Easton says of Irvin. "I'm pretty much an android."

Irvin teaches that through constant, focused repetition, actions and responses become automatic, whether it's delivering a knockout punch or going for a submission. And Easton, a black belt in both taekwondo and Brazilian jiu-jitsu, is capable of either with commanding ferocity.

The first six weeks of camp are

a "Groundhog Day" scenario of preparation, Easton says, focused on wrestling, take-down defense and striking, as well as building cardio, reflexes and muscle explosiveness through speed drills (from sprints to bag work).

As the fight nears, they hone his technique. "[It's] a lot of technical things, hitting pads, staying sharp, still grappling, but we're ever so careful," Easton says. "Then, the

Blow-by-Blow

What's This 'Bout?

"UFC on Versus 6" will feature 10 fights. Each is scheduled for three five-minute rounds, except for the championship bantamweight bout between Dominick Cruz and challenger Demetrious Johnson, which is five rounds. Punches, kicks, elbows, knees and submission moves are legal, though you can't boot a downed opponent in the head. If a fighter is knocked out or taps out to a submission hold, the fight is over. Otherwise, a panel of judges makes a decision on the fight's winner. C.P.

last week, is weight-cut week."

Easton walks around at 160 pounds, but by fight week he's 145. He drops the final 10 pounds to make the 135-pound bantamweight limit by eliminating water weight. After weigh-ins (held the day before the fight), Easton rehydrates back to 145 or so.

"I make sure I do my diet right, so it's not as hard [to make weight]," he says. "It sucks, but it's part of the game. I do everything that it takes so I do not lose this fight."

And when your first fight was within seconds of your entering this world, an MMA bout doesn't seem so scary. "No man is death. I beat death," Easton says. "Training camp is nothing." CHRISTOPHER PORTER

Visit Mikeeastonmma.com to see his training videos. Visit Verizoncenter.com for "UFC on Versus 6" tickets. Easton's fight will be shown on Facebook.com/UFC between 7 and 8 p.m.; Versus will begin its televised coverage at 9 p.m.

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Your Willpower Versus Her Will

Q

My mother-in-law and I have always been icy with each other. We survived the wedding planning process by not having much contact and plastering fake smiles on our faces when we did. But we've learned to live with each other. The problem is that lately after some health issues, she's talking about her will. She's told my husband she's concerned that I will eventually inherit her money if my husband were to pass away, and she wants it to "stay in the family." He is an only child and we have no kids, and the whole thing is just ridiculous. I don't care about her money, but I hate that she is making this an issue, and I feel like I might finally let her have it.

ANNOYED DAUGHTER-IN-LAW

Where is your husband in this? Presumably, he's the one relaying her feelings to you — I assume she's not sending "You're not in my will!" singing telegrams — and so he should be running interference. If you don't care about her money, you shouldn't have to hear about it, and there's nothing more you need to do. Tell your husband it's hurtful and gets you nowhere to be involved. Then plaster on that fake grin, same as always, and call it a day.



@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

By Dr.
Andrea
Bonior

Event Horizon Square Deal

Farragut Square's often surrounded by food trucks hawking cheesy fries and ice cream cones. But on Tuesday at 5:30 p.m., the crowd will be focusing on burning calories instead. It's the kickoff for Pilates in the Park, a series of free hour-long classes taught by instructors from Results Gym and Washington Sports Clubs. It'll happen again Oct. 4, 18 and 25. Get more details (and find backup locations in case of rain) at Goldentriangledc.com.



Aktiv, the fitness center at the Residences on the Avenue, has a separate group exercise room. Classes are held there and in other community spaces.



COURTESY RESIDENCES ON THE AVENUE

Really Move-In Ready

Luxury apartment buildings bulk up their gyms to attract active residents

Anyone headed to Aktiv, the newest gym in Foggy Bottom, can first stop in the lounge to grab a bottle of water and a towel. Those are both complimentary services for members, who'll need them while taking advantage of the facility's top-of-the-line equipment. If there isn't a class in the separate exercise studio, they're welcome to pop in a DVD to get instruction over the screen. And if they need a rubdown after their cooldown, they can book a massage

in the adjoining spa.

How much does it cost to be a member of such a health club? Try \$2,800 a month or more. That's because it comes along with an apartment at the Residences on the Avenue, the 335-unit high-rise atop the recently opened Whole Foods.

"We wanted to make sure we fit into the lifestyle of our demographic," says property manager David Raley, who describes residents as mostly college students and professionals. "They take care of themselves."

Apartment gyms aren't exactly a new phenomenon, but in recent years, they've evolved from cramped, basement rooms into full-



COURTESY FLATS 130

The row of treadmills at Flats 130's gym overlooks the development in NoMa.

fledged fitness centers that often come with gorgeous views. It hasn't always been intentional, notes Debbie Kaplan of Urban Igloo, a local

apartment finder service. Many of the nicest gyms are in buildings that were originally designed to be condos, but converted to apartments when the market tanked.

That still leaves plenty of fancy gyms that were always meant to be in rental buildings, however. And having them makes sense to Sally Matheu, group vice president of operations for Archstone, which operates 44 properties in the D.C. area. "It's the most used amenity," she says. It's also an extra selling point because when the equipment and space is up to residents' standards, they don't need to spend money on a gym membership.

Several Archstone buildings

have gyms worth bragging about, Matheu says. But nothing compares to what will be in its community in NoMa, scheduled to open next year. For 400 apartments, there will be 24 pieces of cardio equipment.

To get a sense of how massive that is, head to Flats 130, a not-quite-year-old building across the street. It boasts a two-story fitness center with 17 pieces of cardio equipment, tons of weights and a yoga studio with a ballet barre. "Usually, they're speechless. They

"Usually, they're speechless. They can't believe it."

— TONY LUCADAMO, LEASING ASSOCIATE AT FLATS 130 IN NOMA.

can't believe it," leasing associate Tony Lucadamo says of prospective renters' reactions when he shows them around.

It's impressed some copycats, too. Another development in the neighborhood, Washington Gateway, just announced that it would also feature a two-story gym in its apartment complex.

But if you're wondering what it's like to have 24-hour access to these places, don't ask James Williams, who lives at the Residences on the Avenue. The 21-year-old GW student doesn't go to the fitness center — at least, not that one. "It's nice, but it's kind of small," he said while walking out of the building on his way to the school gym.

VICKY HALLETT (EXPRESS)

Lean Legs, Tight Tush

This workout targets every inch of your lower body to build lean muscle in your bottom half, boost your metabolism and improve your core strength and balance. Three days a week, do two or three sets of this routine, resting for 60 seconds between each exercise. Shorten your break time (or get rid of it completely!) to increase the challenge even more. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



1 Step-Up With Leg Lift: Place your right foot on a step or bench and put your hands on your hips. Push yourself up until your right leg is straight and you're standing on the bench. Squeeze your glute to raise your left leg as far behind you as possible without arching your back. Reverse to return to start. That's one rep. Repeat on the left leg. Alternate sides for a total of 12 to 15 reps.

2 Reverse Lunge With Front Kick: Keeping your abs tight, step back with your right foot and lower into a reverse lunge. Squeeze your glutes as you push down through your left heel and kick your right leg in front of you as you straighten your left leg. That's one rep. Do 12 to 15 continuous reps, then repeat on the other side, kicking your left leg.

3 Lateral Leg Lift: With your hands on your hips and your feet hip-width apart, bend your knees to lower into a squat. Pause, then stand and lift your right leg out to the side as high as you can. Return to start. That's one rep. Repeat with the left leg, and continue alternating until you've done 12 to 15 reps on each side.

4 Plie Squat Jump: Stand with your legs about two feet apart, toes turned out, and hands on your hips. Rise onto your toes, bend your knees and sit back, lowering yourself until your thighs are parallel to the floor. Jump off the ground, bringing your feet to hip-width apart and landing softly on your toes. That's one rep. Continue quickly jumping your legs out and in for 15 to 20 reps.

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Hey, lentils! Are you chicken?

Former pro triathlete Brendan Brazier's book "Thrive Foods" (\$20, Da Capo Press) compares the two protein sources' impact on the planet, and finds that the legumes are anything but fowl. To get the same amount of micronutrients from chicken as from lentils would require 20.6 times more carbon dioxide to be released into the atmosphere.

Matchups like these showed Brazier, who'd gone vegan for performance reasons, that there's yet another reason to switch to a plant-based diet. For the book, which also features 200 recipes based on his principles, he developed the "nutrient-to-resource ratio," a system that quickly evaluates the energy consumed in the production of certain foods.

To make these comparisons clearer, Brazier translates into miles of driving the amount of emissions required to make meals. "With cars, there's such a tangible connection to fuel — you see the smog," he says. "Food happens behind closed doors."

So he hopes to open his readers' eyes by explaining that substituting a traditional American breakfast (eggs, bacon, toast, etc.) with a plant-based smoothie every morning for a year is the equivalent of saving



COURTESY BRAZIER

a drive from Vancouver, Canada, to Tijuana, Mexico. "That's attainable for the average person," says Brazier, who recognizes that not everyone will be able to go completely vegan immediately. "Start with something small."

If you're starting with a recipe from the book, Brazier recommends the wild rice with kabocha squash and sage butter. (The "butter" is made with melted coconut oil.) Although he'd created all of the recipes in his previous two books, for "Thrive Foods," he collaborated with a few of his favorite kitchen pros, including Tal Ronnen and Chad Sarno. "I understand how food works, but I'm not a chef. I wanted it to taste really good," he says.

Combine that with feeling good and doing good, and you're sure to be satisfied. VICKY HALLETT (EXPRESS)

Meet No Meat

Brendan Brazier will visit the Whole Foods at 1440 P St. NW on Tuesday from 6:30 to 8:30 p.m. He'll be signing his book, discussing his nutritional philosophy and offering free samples of the newest items in his Vega Sport line (Myvega.com), which now includes gels and bars. Registration is limited. Contact rsvp@sequelnaturals.com or tim.hayes@wholefoods.com.

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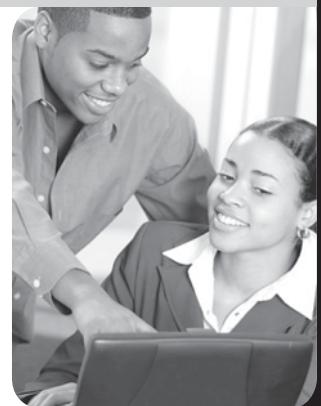
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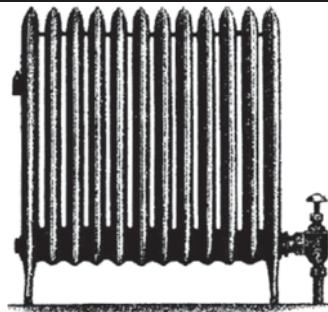


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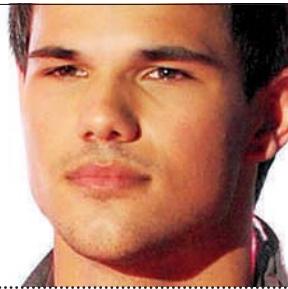
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Foreign 'Abduction'
A Facebook campaign lands Taylor Lautner in Great Britain **43**

Sound Bets



COURTESY COMEDY MINUS ONE

Restoring the Edsel

I remember back when '90s D.C. post-punk band Edsel came into the record store I was working at and wanted us to stock the group's latest 7-inch. This was in Ann Arbor, Mich., and my boss said we could only do a consignment — meaning Edsel would be mailed a check once the singles sold. My guess? Edsel never got a ducat.



By Christopher Porter

Then again, Edsel was never paid what it was worth during its 1988-1997 lifespan, which is why the group recently teamed with New Jersey label Comedy Minus One (Comedyminusone.com) to digitally reissue remastered versions of "The Everlasting Belt Co." (1993) and "Detroit Folly" (1994). The group didn't receive royalties from any of the three labels that originally released its four LPs, so after sending letters to those now-defunct entities to inquire about the records' ownership and receiving no response, Edsel decided the music belonged to the band again.

The group's edgy Wire influence was eventually smoothed out by its interest in shoegaze atmospherics, but Edsel's D.C. punk roots are always apparent in the way it favored dynamics over pure melody — and the DIY spirit over record-label shenanigans.



Read Christopher's previous columns at: expressnightout.com/soundbets

Facebook Likes Music

The social networking service aims to be the next sea change for a struggling industry

It's a generally accepted fact that Apple saved the music business. With the iPod, iTunes and a fierce vision for a new way to experience music, the industry would never be the same. But times change. Now, another company offers the industry its best chance to reinvent itself, usher in a new age of innovation, and make the business and the experience of music exciting yet again. And like it or not, that company is Facebook. There won't be a licensed music service or beautifully designed MP3 players. Facebook just wants your time. GLENN PEOPLES (BILLBOARD.COM)



Streaming Music Services

Facebook's biggest contribution to music could be in the area that needs the help most: music subscription services. If iTunes boosted digital music into low earth orbit, Facebook can send it on a course to the moon by turning subscription services into a household product.

5%
The amount of digital sales subscription music services accounted for in 2010, according to an IFPI report.

Facebook solves a number of key problems that might otherwise doom cloud-based music services that offer unlimited access to large catalogs of music. Spotify, MOG, Rdio and even veterans Rhapsody and Napster need to generate greater public interest. Subscription services could represent the future of music, yet they accounted for just 5 percent of U.S. digital sales in 2010, according to a re-



cent International Federation of the Phonographic Industry report.

MOG and Rdio are just two of the music services that announced Facebook integrations during the f8 conference. Spotify, Rhapsody, Deezer, iHeartRadio, Mixcloud, Turntable.fm, Earbits, Songza and SoundCloud are also integrated with Facebook's new Open Graph so users' listening activity appears in their friends' news feed. Because they offer free listening in one fashion or another, music played on these services can easily be experienced by friends, too.

How Facebook Changes Music

The latest version of Facebook's Open Graph, which debuted at the company's f8 conference last week, allows companies to integrate their websites with Facebook's vast social structure in new ways. By tapping into the Graph API, sharing activities and interests is easier and more powerful than ever. As a result, companies are building better products that take advantage of consumers' social nature.

Concert Tickets



More established companies are also investing in the platform. Ticketmaster, one of the world's largest e-commerce companies, now builds its products "on the rails

of social," CEO Nathan Hubbard says. In August, Ticketmaster unveiled an interactive seat map that lets users see where their Facebook friends are sitting at a particular event. "This is just the start of a host of features in social that you'll see across everything we do."

The social network has even helped birth a new generation of ticketing companies. Ticketfly CEO Andrew Dreskin, whose first ticketing company, TicketWeb, launched in 1995, calls social media "a watershed moment" for ticketing because artists and venues can harness the marketing power of fans. "It's a dream come true for ticket sellers."

Pandora



Now expected to be in serious competition with Clear Channel's newly launched iHeartRadio app, Pandora, which already has more than 100 million registered users, debuted a redesigned and more social product

on Sept. 21. In the original version, Pandora found it difficult to add social features in a way that "felt native to the experience," chief technology officer Tom Conrad says. So when the company started a redesign of Pandora about a year ago, its top goal was making sharing songs and stations much easier.

The company wanted to help its users share music with people who are likely to be interested and with "musical mentors," a group of people that Conrad says may or may not include close friends. The result was a Facebook-powered music feed that's solely about music discovery. Sharing on Pandora defaults to the ecosystem but can be expanded to a user's Facebook followers with an additional button click.

lookout entertainment



1 Shredhead

The idea that women can't shred in rock bands is far-reaching and incredibly stupid. Marnie Stern is one of the most amazing rock guitarists of any gender who's touring today. Take all your young female relatives to see her, if you want them to be inspired to seek rock stardom. **Red Palace, 1210 H St. NE; 8 p.m., \$10-\$12; 202-399-3201, Redpalacedc.com.**

2 Tuesdays With Story

Adams Morgan's Soviet-themed MiG Bar shows movies almost constantly. Usually they're silent (the owner has a fondness for Buster Keaton), but on Tuesdays, the sound's on. Tonight brings two soccer-related documentaries: "Once in a Lifetime," about the Pele-led New York Cosmos, and "Hooligans and Thugs," about excitable fans. **MiG Bar, 2226 18th St. NW; 8 p.m., free; 202-487-4615. (Dupont Circle)**

3 Torch Songs

Priscilla Ahn's songs are popular on TV — you've heard them if you watch "Grey's Anatomy," "Psych" or Jeep commercials. Despite this, her harmonica-heavy songs are legitimately excellent folk-pop that make good use of her dreamily gorgeous voice. **Iota Club & Cafe, 2832 Wilson Blvd., Arlington; 8 p.m., \$15; 703-522-8340, iotaclubandcafe.com. (Clarendon)**

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entertainment lookout

Not Afraid to Come Unhinged

Michael Shannon lets his anxieties color his most notable roles

Film

Sitting down for breakfast on a recent rainy New York day, Michael Shannon was uncertain about the prospect of food.

"They say you're supposed to eat breakfast," he said, pondering the option. "You don't eat breakfast, you'll go crazy."

The possibility wasn't a remote one: Shannon has never shown a reluctance to do exactly that.



Michael Shannon is garnering early Oscar buzz for his role in "Take Shelter."

Cinematic Talents on Display

The source of Michael Shannon's paranoia in "Take Shelter," which opens next month, is the movie's mystery. Is his character losing it, like his mother did at his age? Or is the perceived threat real and outside his family? Shannon's performance, a carefully calibrated ball of tension and encroaching mania, has already earned him Oscar buzz. After years of character actor and stage work, it's the fullest cinematic display yet of Shannon: unadorned and still powerfully intense. Says co-star Jessica Chastain, "He has this great source of energy, but [his] stillness contains this great power and intense emotion." (AP)

In parts like the obsessively upright, self-flagellating federal agent on HBO's "Boardwalk Empire"; the unbalanced, truth-telling neighbors' son of "Revolutionary Road"; and the actor's lat-

est, a small-town Ohio family man increasingly haunted by apocalyptic nightmares in "Take Shelter," Shannon has unflinchingly followed his characters into paranoia, anxiety and derangement.

In the end, coffee was judged sufficient, but nothing close to insanity followed.

Shannon, 37, has proved that it's not his imposing size — 6 foot 3 inches with a square jaw — or his ability to dramatically come unhinged that has made him one of the most admired actors around. It's his underlying sensitivity — his empathy for his characters and his attuned senses to his surroundings — that more properly defines Shannon.

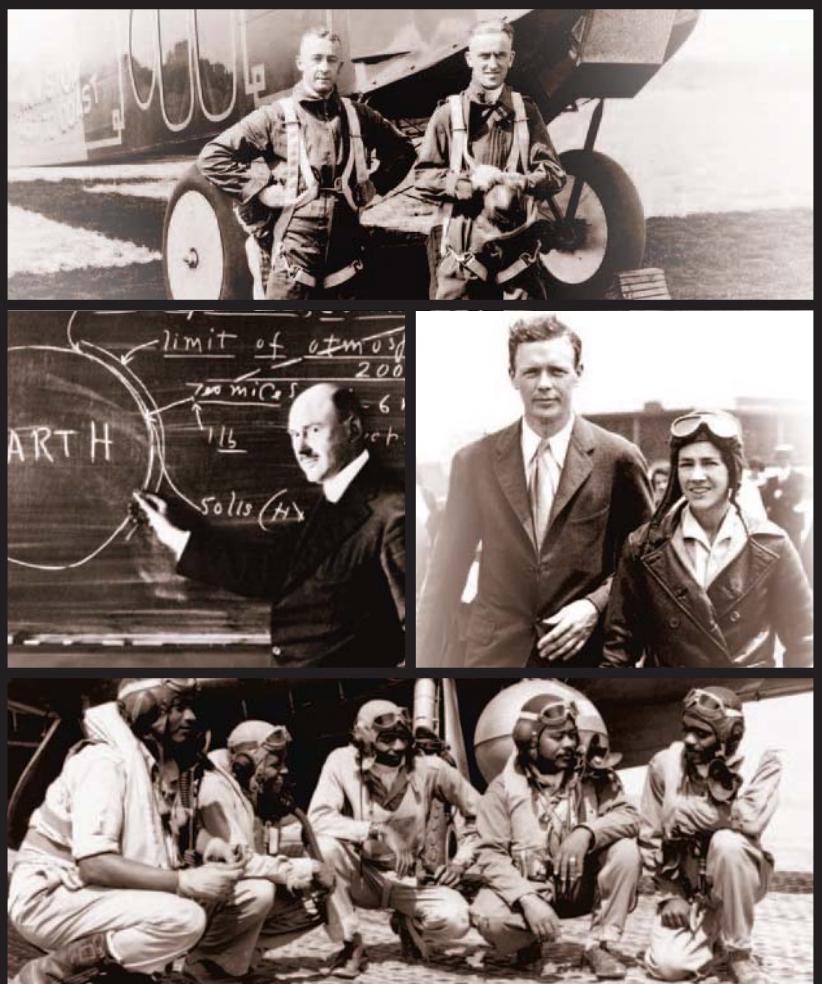
"The characters I play, it's not like they're all in the asylum, separate from the rest of us," he says. "I react to things. I think the world is an unsettling place. I have some anxiety about it. Maybe that comes through in what I do. But it's not something I'm attempting to do."

JAKE COYLE (AP)

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From left: Dave Stewart, Damian Marley, Joss Stone, Mick Jagger and A.R. Rahman.

Better Together? Not for These Five.

The Mick Jagger-led SuperHeavy offers a disjointed debut disc

Album Review

"I bet you never would believe that you'd hear Damian Marley, Dave Stewart, A.R. Rahman, Mick Jagger and Joss Stone in a rub-a-dub version," Marley sings on "Miracle Worker," the first single from SuperHeavy, the aforementioned supercollective.



SuperHeavy
SuperHeavy

"Miracle Worker," the first single from SuperHeavy, the aforementioned supercollective.

"Imagine! I mean, think about it," continues Marley, though now he's just rubbing it in. Most supergroup albums are awkward, disjoint-

ed and pointless, and "SuperHeavy" is no exception, though it faces an unusually high hurdle. Most all-star bands need only to blend personalities, but SuperHeavy must blend genres, too: Rahman is an Indian composer famous for "Slumdog Millionaire," R&B singer Stone is a voice in search of good material, and Marley is a reggae singer.

"SuperHeavy" features a little bit of everything — corporate rock, Indian pop and a rapping Jagger. Save for a raggedy regga vibe, there's no connective tissue holding these songs together. Everybody seems to be starring on a different album than everybody else.

"SuperHeavy" has its pleasures (to hear Jagger with other singers is fascinating), but they're far outweighed by its discontents. "SuperHeavy" is a party to which only SuperHeavy has been invited. ALLISON STEWART (THE WASHINGTON POST)

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BIONUTRIGEN

TV tonight lookout

Best Bets

CBS
9:00

NCIS: Los Angeles When the Department of Defense becomes the target of a cyber attack, Hanna (LL Cool J) and his colleagues join forces with the National Security Agency to track down the creator and controller of the program.

FOX
9:30

Raising Hope Burt (Garret Dillahunt) learns a secret about Sabrina (Shannon Woodward, shown) and tells the rest of the family. Embarrassed, Sabrina introduces the Chances to her father, Cap (guest star Stephen Root).

NBC
10:00

Parenthood As he and Adam (Peter Krause, right, with Max Braverman) move forward with their business venture, Crosby (Dax Shepard) tries to sort out his feelings about Jasmine's dating.

(TRIBUNE MEDIA)



CATCHING HELL

Playing the Blame Game

ESPN
8:00

With five outs left in the 2003 National League Championship Series, Chicago Cubs fan Steve Bartman tipped a foul ball away from Cubs left fielder Moises Alou, and a series-turning Florida Marlins rally ensued. Long-suffering Cubs fans quickly made Bartman one of the most infamous scapegoats in sports history. This documentary examines the Bartman incident and the "scapegoat compulsion" of many fans. (TM)

Specials

One Man, 74 Kids

Over the past few decades, the use of donors by married infertile couples and single women has grown exponentially, creating a brave new world of family dynamics and ethical dilemmas. In Style Network's new special, "Sperm Donor" (9 p.m.), we meet Ben, an astoundingly normal guy who became a donor during law school. Ten years later, he finds out he's the donor dad of 74 children. Things get a little uncomfortable when Ben decides to visit one of his kids.

KEVIN McDONOUGH (UNIVERSAL
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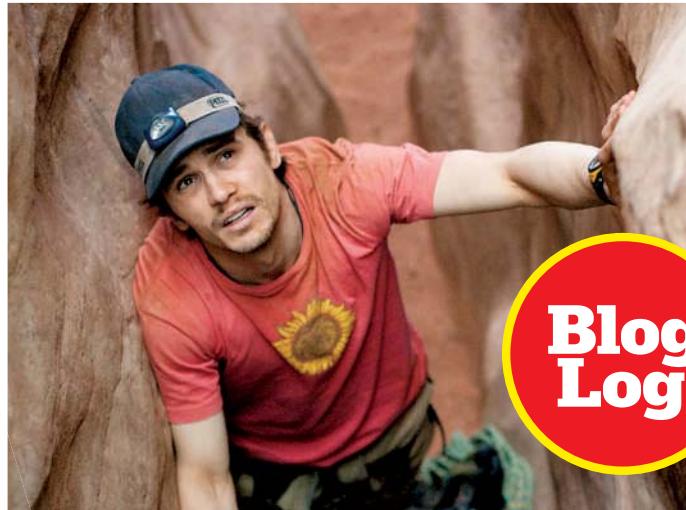
"Who says Orthodox Jews can't rock. Parkour and tzitzis meet in the Old City. Fun stuff."

— QUITENORMAL.WORDPRESS.COM ENJOYED THE MUSIC VIDEO FOR "ROSH HASHANAH ROCK ANTHEM," A PARODY OF LMFAO'S "PARTY ROCK ANTHEM" CELEBRATING THE JEWISH NEW YEAR.

"There were many lessons you could have taken away from the movie '127 Hours', but if you had to boil it down to just one, it would probably be this: Never head out on a solo hiking trip to Utah's Canyonlands National Park without telling anyone. Well, Amos Wayne Richards, a 64-year-old from North Carolina, took away some different lessons entirely."

— GAWKER.COM REACTS TO THE STORY OF RICHARDS, WHO RETRACED THE STEPS OF ARON RALSTON, A HIKER WHO ENDED UP CUTTING OFF HIS OWN ARM TO SURVIVE A FALL IN 2003. RICHARDS ENDED UP TAKING A 10-FOOT PLUNGE NOT FAR FROM WHERE RALSTON FOUND HIMSELF TRAPPED BENEATH A BOULDER. HE WAS SAVED BY PARK RANGERS TWO DAYS LATER, ON SEPT. 8.

Blog Log



"Wangari Maathai was the seed for quite a few prominent and necessary ideas to grip the world. ... This lady has set long overdue precedents and helped a great number of people."

— CDNEWS1.WORDPRESS.COM LAMENTED MAATHAI'S DEATH AT AGE 71 SUNDAY IN NAIROBI. MAATHAI, A HUMAN RIGHTS AND ENVIRONMENTAL CONSERVATION ACTIVIST, BECAME THE FIRST WOMAN FROM AFRICA TO RECEIVE THE NOBEL PEACE PRIZE IN 2004.



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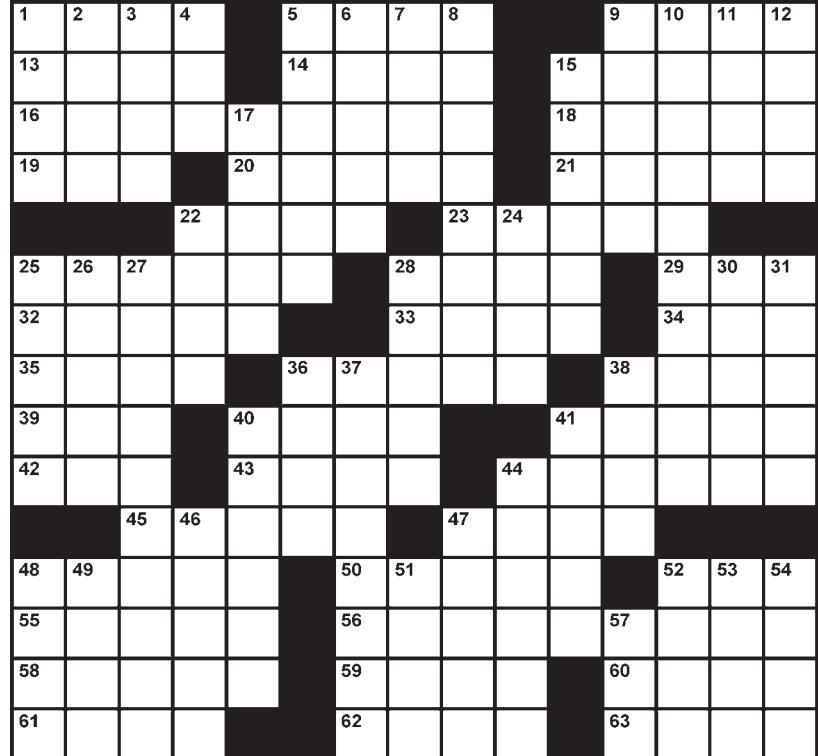
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- Time-honored ceremony
- Blacksmith's tool
- "___ for All Seasons"
- "... unto us ___ is given" (Isaiah 9:6)
- "I cannot tell ___!" (apocryphal Washington quote)
- Greek salad morsel
- Aston Martin-driving agent
- Black tea variety
- Didn't go fast?
- Mistreat
- The way the wind blows
- Cheddar description
- Common surname
- Sweet-talk
- Suffix with "narc"
- Bonfire remnant
- Build up, as a fortune
- Dumfries girl
- Mrs., in Montreal
- Large quantity
- They can be paid online
- Girlfriend in Paris
- "... ___ he drove out of sight..."
- Bollywood costume
- It may be picked up in a trash heap
- Sleep study measurement
- Healing cream additive
- Mall tenants
- "As You Like It" forest
- Alternatives to Levi's
- Make unreadable, in a way
- Old battle-ax?
- It has four quarters?
- Memory failure
- Ross Macdonald's supersleuth
- "Home Improvement" star Tim
- Help in a heist
- "Muy ___"
- Red root veggie
- Throw down the gauntlet
- Sensitive, as a subject



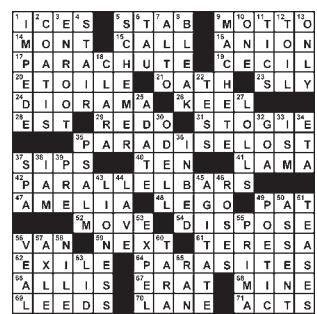
EDITED BY TIMOTHY E. PARKER

DOWN

- Indian prince
- "The hour ___ hand"
- Large reference book
- Chicago-to-Detroit dir.
- Disorderly crowd
- One way to think
- Confessor's revelations
- Stand for a statue
- Watchful and ready
- Mickey Spillane's creation
- Mary Kay competitor
- Can't live without
- Science of light and vision
- Catamaran movers
- Shade of green
- Hit's opposite
- Provide party food
- Dino's love
- Margaret Rutherford film portrayal
- Stan's partner
- "Let a ___ Be Your Umbrella"
- Shoes not designed for comfort
- Hay unit
- Civil War fighting ship
- "Famous ___" (cookie maker)
- Depress
- Direct
- House's counterpart
- Turn back to zero
- Reduce
- Bacon unit for a butcher
- Hearty partner
- Vocalist McEntire

- Youngstown's state
- "... and ___ the twain shall meet"
- Maritime raptor
- Major broadcaster

Yesterday's Solution



Today in History

1964 The government publicly releases the report of the Warren Commission, which found that Lee Harvey Oswald had acted alone in assassinating President John F. Kennedy.

1994 More than 350 Republican congressional candidates gather on the steps of the U.S. Capitol to sign the "Contract With America," a platform they vow to enact if voters send a GOP majority to the House.

express

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people lookout



MEDIA OBSESSIONS

More Importantly: Will They Care About How She Loses the Baby Weight?

Carla Bruni-Sarkozy, first lady of France, says the French people aren't overly invested in her pregnancy. "There isn't much to say," she tells the BBC. "So many women are expecting children and giving birth, and it's so uninteresting." She added: "It's great news for me, but it's also something very banal." (EXPRESS)

MEMES

Fame Is Fleeting, but Not Fleeting Enough for Us to Not Run Your Mug Shot

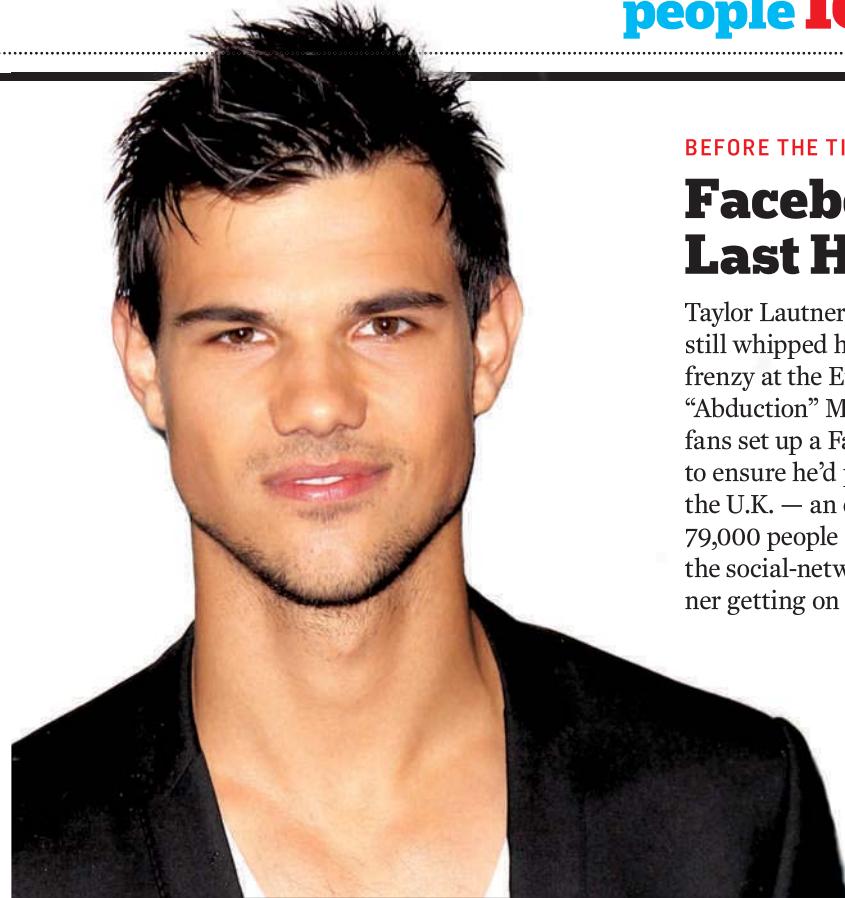
Internet celebrity Antoine Dodson was arrested in Huntsville, Ala., Sunday after violating local noise ordinances, TMZ.com reported. According to police, Dodson was stopped at 6:20 p.m. and issued a warning. Police discovered there was a warrant out for his arrest and took him into custody. Dodson failed to appear in court after he was arrested for marijuana possession in April. (EXPRESS)



Desperation

Event to Raise Money for Charity 'Feed the Z-List'

The match-ups for November's Celebrity Fight Night, a charity boxing event, were announced Monday. They are Michael Lohan vs. Kato Kaelin; Tareq Salahi vs. Jose Canseco; Coolio, shown, vs. Jeremy Jackson; Joey Buttafuoco vs. Amy Fisher's husband; and Amy Fisher vs. Nadya Suleman. (EXPRESS)



BEFORE THE TICKER

Facebook's Last Hurrah

Taylor Lautner kept his shirt on but still whipped his U.K. fans into a frenzy at the European premiere of "Abduction" Monday night. Lautner's fans set up a Facebook campaign to ensure he'd promote the film in the U.K. — an effort that resulted in 79,000 people "liking" the page on the social-networking site and Lautner getting on a plane to London. (AP)

"Somebody asked me if there was anything I would do if I was guaranteed that I would not fail and I said, 'Well, yeah, Gwyneth Paltrow.'"



— BOB SCHIEFFER,
TO HOLLYWOODONTHE-
POTOMAC.BLOGSPOT.
COM. HE SAID HE HOPES
PALTRW KNOWS HE
WAS JUST JOKING.



"Nothing gold can stay," Robert Frost wrote. He probably didn't mean this.

UNEMPLOYMENT

Apply to Starbucks And Stop Complaining

Spencer Pratt can't get work, even though he calls his agent 30 times a day, an unnamed source told Us Weekly for the magazine's latest cover story. Pratt, the insider says, owes his agency "hundreds of thousands of dollars in commissions" from the millions he and his wife, Heidi Montag, earned on MTV's "The Hills." When he calls the agency, the staff "just laugh at him or pick up and hang up." (EXPRESS)

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